

Weekly Diabetes Update

June 20, 2008



June is a popular month for weddings.

According to Families.com, the next most popular wedding months are August, September, October, and May. Check out more wedding statistics at <http://marriage.families.com/blog/wedding-stats>.



1. Marriage and Diabetes

When diabetes enters a marriage, the couple's ability to cope can mean the difference between a solid stable marriage and one filled with doubt, fear and confusion.... Read more in the article from Diabetes Friends Action Network (DFAN) at http://www.dfandiabetes.com/diabetes/marriage_and_diabetes.html.

2. Funding Opportunity

2009 Healthy Vision Community Awards Program. The National Eye Institute (NEI) is pleased to announce that applications for the 2009 Healthy Vision Community Awards (HVCA) program will be available June 30, 2008. This program provides funding up to \$10,000 for the implementation of eye health education and promotion activities that support the Healthy Vision 2010 objectives and the Healthy People 2010 goals to reduce health disparities and improve quality of life. The focus of each program must be eye health education. The 2009 HVCA funds are not intended for research projects or to provide direct medical care.

Nonprofit organizations are encouraged to apply, including community-based organizations and agencies, minority-based organizations, schools, faith-based organizations, civic and fraternal groups, community clinics, local Agencies on Aging, and state and local health departments and agencies. Universities and university affiliations, such as medical centers and schools of optometry and ophthalmology, are precluded from receiving an award directly, but are welcome to collaborate with eligible groups, such as community-based organizations. The final selection of award recipients will be based on a combination of the evaluation score, geographic and racial/ethnic representation, and project innovation. All applications must be postmarked by Friday, **August 29, 2008**. Application forms and program information are available at www.healthyvision2010.org/news/hvca.

3. **Educational Opportunities**



- The second **National Conference on Health Communication, Media and Marketing** sponsored by the Centers for Disease Control and Prevention's National Center for Health Marketing and the Office of Enterprise Communications will be held in Atlanta, Georgia, on **August 12 - 14, 2008**, at the Omni Hotel in downtown Atlanta. The National Cancer Institute and the National Public Health Information Coalition are co-sponsors for this event. The theme this year is *Engage and Deliver*. The conference is slated to bring together individuals representing academia, public health researchers, and practitioners from federal and state government and the private sector. This year's conference will feature four topical tracks around which presentations are organized, workshops and opportunities to network with other practitioners; and academics from the fields of health communication, marketing and media. For more information visit the CDC website at <http://www.cdc.gov/HealthMarketing/NCHCMM2008/>.
- The **Professional Nurse Educators Group** (PNEG) is a virtual network of educators from all over the United States, dedicated to the lifelong learning of professional nurses. This network is open to all educators in the field. Members include faculty from nursing schools, continuing nursing education professionals, entrepreneurs and nursing staff development professionals. Their 35th Annual National Conference on Professional Nursing Education and Development will be held **October 16-19, 2008**, at the Intercontinental Hotel in Kansas City, Missouri. The conference theme is "Creating Jazz: Transforming Exchanges in Education and Practice." For more information visit the PNEG website at <http://www.pneg.org/>.

4. **Appropriate Target for Glycemic Control Debated**

The ideal glycemic target for patients with diabetes was debated during a session at the Endocrine Society 90th Annual Meeting. Dr. Lois Jovanovic presented findings from various studies, including ACCORD, UKPDS, and the Diabetes Control and Complications Trial to demonstrate the evidence for utilizing a glycemic target of 6.5%. Dr. Richard M. Bergenstal presented findings from various studies, including ACCORD, ADVANCE, the Veterans Affairs Diabetes Trial, and the Treating to Target in Type 2 Diabetes trial (4-T) to demonstrate the evidence for utilizing a glycemic target of 7.0%. Read more in the article from Endocrine Today online at <http://www.endocrinetoday.com/view.aspx?rid=28940>.

5. **Diabetes Research News**

- "Hearing loss may be an under-recognized complication of diabetes. As diabetes becomes more common, the disease may become a more significant contributor to hearing loss," said senior author Catherine Cowie, Ph.D., of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), who suggested that people with diabetes should consider having their hearing tested. "Our study found a strong and consistent link between hearing impairment and diabetes using a number of different outcomes." Read more in the press release from Medical News Today at <http://www.medicalnewstoday.com/articles/111589.php>.

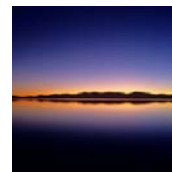
- The current standard screening test for prediabetes in children often fails to detect the condition, Canadian researchers contend. The standard diabetes test for children is the fasting plasma (blood) glucose test, but it identified almost three times fewer children with diabetes than the glucose stress test, also called the oral glucose tolerance test. The glucose stress test takes longer, because blood is taken from the patient after fasting and again two hours after drinking a sugary solution. Read more in the article from the U.S. News & World Report at <http://health.usnews.com/articles/health/healthday/2008/06/15/standard-glucose-test-may-be-wrong-one-for-obese.html>.
- For girls showing signs of early puberty, metformin may delay onset of menstruation and allow more time for growth. Low-dose metformin treatment over four years was associated with later menarche, half as much fat mass gain, and less insulin resistance among low birthweight girls who developed pubic hair before age eight, Lourdes Ibanez, M.D., Ph.D., of the University of Barcelona in Spain, reported at the Endocrine Society meeting. Larger studies may be needed to confirm the results, particularly because metformin is not approved for treatment of type 2 diabetes in children younger than 10. Read more in the article from MedPage Today at <http://www.medpagetoday.com/Endocrinology/GeneralEndocrinology/tb/9846>.
- Not only are people with type 2 diabetes more prone to depression, but people with depression are more prone to getting diabetes, a new study, published in the June 18 issue of the Journal of the American Medical Association, found. Even when the researchers accounted for factors such as being overweight, lack of exercise, and smoking, the risk of developing diabetes was still 34 percent higher for patients who were depressed. Read more in the article from FoxNews.com at <http://www.foxnews.com/story/0,2933,368363,00.html>. 
- Even as the U.S. government considers paying for weight-loss surgery to treat the most common form of diabetes, the costly procedure will be a tough sell for employers and insurers. The U.S. Medicare program, the federal health plan for 44 million elderly and disabled, is considering reimbursement amid findings that bariatric surgery can have a dramatic impact on Type 2 diabetes, which has reached epidemic levels in the United States. Read more in the article from Reuters.com at <http://www.reuters.com/article/reutersEdge/idUSN1837771620080618?sp=true>.
- Three groups including Georgetown University teamed up Wednesday to develop a new way to measure the glucose levels of diabetes patients without a finger prick to draw their blood. The technique involves the use of disposable skin patches (embedded with a wireless sensor chip) that can monitor glucose levels, and then transmit that information to a cell phone. With the data, the mobile phone could conceivably control an insulin pump remotely, according to the researchers. The organizations did not set a specific launch time for the technology. Read more in the article from C/NET News at http://news.cnet.com/8301-10784_3-9971871-7.html. 

- Current protein recommendations were established with the goal of preventing deficiency, but newer research indicates that many adults may benefit from eating more than the minimum requirement. These findings are presented in a supplement in the May issue of the American Journal of Clinical Nutrition describing the conclusions of a Protein Summit held last spring, which brought together the world's leading scientists in protein research. The summit's attendees report in the supplement that eating a higher protein diet - still within the recommended range, but toward the top of it - may play a role in optimal health, as higher protein diets are linked with a lower risk for many health conditions such as type 2 diabetes, metabolic syndrome, cardiovascular diseases and osteoporosis as well as sarcopenia, the degenerative loss of skeletal muscle mass and strength. Read more in the press release posted on Medical News Today online at <http://www.medicalnewstoday.com/articles/111794.php>.
- Most Americans are aware that alcoholism and hepatitis C can lead to cirrhosis of the liver, but few people understand the risk of cirrhosis from fatty liver disease. An estimated 20 to 30 percent of all Americans have some degree of fatty liver disease, making it the most prevalent liver disease in this country. Fatty liver disease is most common in people who are obese or who have the metabolic syndrome, which comprises a group of conditions including obesity, diabetes and high cholesterol. Ninety percent of all obese patients have fatty liver disease, as do 50 percent of all diabetics. While the majority of cases of fatty liver disease are fairly benign, about 30 percent of the time, fatty liver disease advances to a more serious condition known as nonalcoholic steatohepatitis (NASH). Of those, 10 percent develop cirrhosis. Read more in the Ithaca Journal article at <http://www.theithacajournal.com/apps/pbcs.dll/article?AID=/20080605/LIFESTYLE18/806050327>.
- A common herpes virus might trigger an unusual form of type 2 diabetes found in sub-Saharan Africa that is characterized by rapid onset of disease, French researchers said on Tuesday. Over the past 20 years this atypical form has emerged as one of the most frequent in populations of African origin. A link to the herpes virus is a step toward identifying a possible drug target, the researchers said. Read more in the article from Reuters.com at <http://www.reuters.com/article/scienceNews/idUSL174771620080618?sp=true>.
- Diabetes strikes harder at those who were poor as children, according to a new study that spans more than three decades. Participants who were disadvantaged in youth were more likely to develop diabetes than better-off peers were during the 34-year study timeframe. "Our study, among others, shows a strong, persistent effect of childhood socioeconomic position on the development of diabetes in adulthood, even after taking later-life socioeconomic position into account," said lead author Siobhan Maty, an epidemiologist at the Portland State University School of Community Health in Oregon. Read more in the article from Health Behavior News Service at <http://www.hbns.org/getDocument.cfm?documentID=1727>.

6. Tim Russert's Death a Warning for Millions

The death of NBC's Tim Russert on Friday at the age of 58 is shining the national spotlight on sudden cardiac arrest. Even though Russert's death was shocking and sudden, there were ominous signs. Russert had been diagnosed with coronary artery disease and diabetes. Both are risk factors for a sudden heart attack. Read more in the article from Newsmax.com at

http://www.newsmax.com/newsfront/Russert_heart_warning/2008/06/16/104963.html.

**7. Centers for Disease Control and Prevention (CDC) QuickStats**

During 2003-2006, non-Hispanic white adults over 40 years of age with diabetes were more likely than their non-Hispanic black and Mexican-American counterparts to have HbA1c controlled to the recommended level. No statistically significant differences were observed by race/ethnicity in the percentage of adults over 40 years of age with diabetes whose total blood cholesterol and blood pressure were controlled to recommended levels. To see a bar chart from the CDC on this topic, visit their website at

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5723a6.htm?s_cid=mm5723a6_e.

8. Pesticide Exposure May Increase Risk of Diabetes

Licensed pesticide applicators who used chlorinated pesticides on more than 100 days in their lifetime were at greater risk of diabetes, according to researchers from the National Institutes of Health (NIH). The associations between specific pesticides and incident diabetes ranged from a 20 percent to a 200 percent increase in risk, said the scientists with the NIH's National Institute of Environmental Health Sciences (NIEHS) and the National Cancer Institute (NCI). Read more in the Diabetes News article at <http://www.diabetesnews.com/>.

9. New Spanish-language Consumer Guide Compares Oral Diabetes Medications

Pastillas para la diabetes tipo 2, a new consumer guide for Hispanic adults who have type 2 diabetes and need information to help them compare various oral medications for their illness, has been released by the Agency for Healthcare Research and Quality. "This guide offers critically important information to help Hispanics who have diabetes control their disease and avoid side effects," said AHRQ Director Carolyn M. Clancy, M.D. She added that providing information in Spanish will help efforts to get Hispanic patients more involved in their own health care and to eliminate racial and ethnic disparities in health care. Read more in the article from Newswise.com at <http://www.newswise.com/articles/view/541904/>.

10. BALANCE End-of-Year Report Tracks State Action on Obesity

Policy-makers nationwide made a significant effort to address obesity in 2007, the BALANCE End-of-Year Report indicates. Many challenges remain at all levels, the report adds, and further efforts are necessary to increase children's access to healthy foods and opportunities for physical activity and to reverse the childhood obesity epidemic. This end-of-year edition of BALANCE summarizes the key legislative and non-legislative actions and trends of 2007. The report was prepared by the Albemarle State Policy Center and funding was provided by the Robert Wood Johnson Foundation. Read more about it and download a copy of the report from the Robert Wood Johnson Foundation website at

<http://www.rwjf.org/childhoodobesity/product.jsp?id=31471&pid=1138&c=EMC-CA138>.

11. Weighing Too Much or Too Little May Increase Risk of Dementia

People who maintain a healthy weight have a lower risk of dementia compared with those who are underweight or obese, according to a study by researchers at Johns Hopkins University and the University of Iowa, published in the journal *Obesity Reviews* last month. Obesity, or having a body mass index (BMI) of 30 or higher, increased a person's risk of any type of dementia more than 40%; being underweight (having a BMI of less than 18.5) did the same. Obesity also appeared to have a particularly strong effect on Alzheimer's disease, increasing the risk of the disease by 80%. Read more in the Los Angeles Times article online at <http://www.latimes.com/features/health/la-he-explain9-2008jun09,0,6323787.story>.

12. Partnership to Fight Chronic Disease Releases Catalog of Successful Wellness, Disease Prevention Strategies

The Partnership to Fight Chronic Disease, of which the American Hospital Association (AHA) is a member, yesterday released a catalog of successful programs in the workplace, schools, communities and health systems to improve health and reduce chronic disease. Kenneth Thorpe, chair of the department of health policy and management at Emory University's Rollins School of Public Health, said the associated guide provides "a roadmap for how to conceive of and implement programs that can help to lower chronic disease rates and the risk factors associated with them, as well as reduce the burden of illness on those already affected," according to the AHA NewsNow newsletter published online at http://www.ahanews.com/ahanews_app/jsp/display.jsp?dcrpath=AHANEWS/AHANewsNowArticle/data/ann_080606_PFC&domain=AHANEWS.

To directly download the Catalog, go to

http://promisingpractices.fightchronicdisease.org/uploads/Best_Practice_Catalog.pdf.

13. Weekly Diabetes Recipe

Please go to the following website to enjoy this week's recipe for **Buffalo Chicken Tenders**: <http://recipes.howstuffworks.com/buffalo-chicken-tenders-recipe.htm>.